



Videos for Check-Out Utah Department of Health, Asthma Program

Breath of Life

An interactive virtual exhibition that examines the history of asthma, the experiences of people with asthma, and contemporary efforts to understand and manage the disease. <http://www.nlm.nih.gov>

Exercise and Asthma

Asthma is no reason to slow down, sit down or drop out. Olympic athletes have asthma. So do lots of amateur athletes. How do they do it? They actively manage their asthma, and you can too! This video program will show how. You'll also learn why exercise is especially beneficial to people with asthma. In this video, men and women with asthma describe their past fears and misconceptions about exercise. They also demonstrate their management techniques they use to participate in a variety of activities without symptoms.

How to Allergy Proof Your Home and Feel Better.

If you're one of the over forty million Americans who suffer from allergies or asthma, you know what it's like to feel miserable day after day. But did you know that it could be your home that's contributing to your problem? In this video, you'll get a quick tour of a typical home, and learn how to eliminate or reduce allergens that could be found in your living room, bedroom, or family room.

I'm a Meter Reader

Based on the book, "I'm a Meter Reader" by Nancy Sander and illustrated by Kathy Sickels Mauck.

Managing Childhood Asthma

Asthma does not have to be a crisis, and your child's activities do not have to be limited. In this video you will learn how to manage childhood asthma and work with your healthcare professional. You will learn how to:

- Reduce emergency room visits through better asthma management and a healthier lifestyle.
- Become active partners with your doctor, nurse and other healthcare professionals to better manage your child's asthma.
- Be certain you know about your child's asthma medicine and how to use it correctly.
- Discover and control your child's asthma.

Managing Your Asthma: A guide for Adults with Asthma.

Today, you can manage your asthma and lead a normal, healthy life.” You’ll learn how to work in partnership with your doctor, nurse and other healthcare provider to anticipate and control symptoms. And you’ll meet other people with asthma and see how they manage active and varied lifestyles.

A is for Asthma – Sesame Street (Spanish/English)

Dani, a brand new Sesame Street friend, has asthma. Can he still play games with Rosito and Elmo? Yes, he can! With songs and an entertaining story, this video teaches all children about asthma. Children with asthma will learn what to do when they have trouble breathing. And their friends and caregivers will learn how they can help!

Trigger Proofing Your Home for Asthma and Allergy

As a person with asthma, or as a parent or other family member of a person with asthma or allergies, you can use this practical and informative guide to learn the latest about how to trigger-proof your home.

Taking Charge of Asthma – Not pictured

Introduces the tools essential to manage this chronic, somewhat dangerous, lung disease. Here you’ll meet patients who suffer from asthma and doctors who have counseled and treated hundreds of asthma patients, learn common triggers of asthma episodes and how to avoid them, and explore different treatment options. Most important, you’ll learn how to develop a preventive maintenance plan and discover how to balance your asthma with strategies for an active, healthy lifestyle.

Winning Against Asthma – Not pictured

In this video you will meet many new friends who will help you hit a home run against asthma. There’s Billy and Elaine, plus Marley, Salty the Sailor with his parrot, and a young friend from ancient Greece named Asthmacles.